

December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 INTERVAL Alpie 7AM Susan 12PM Nancy 5PM	2 STRENGTH Becky 8AM Nancy 5:30PM	3 ENDURANCE Carol 11AM Becky 5:30PM	4 INTERVAL April 10AM	5 STRENGTH Nancy 9AM
6 ENDURANCE Shannon 2:30PM	7 INTERVAL <i>Intro w/Alpie 10:30AM</i> Alpie 11AM Jeff 5:30PM	8 STRENGTH Alpie 7AM Susan 12PM Nancy 5PM	9 ENDURANCE Becky 8AM <i>Intro w/Nancy 5:00PM</i> Nancy 5:30PM	10 INTERVAL Carol 11AM Becky 5:30PM	11 STRENGTH April 10AM	12 ENDURANCE Nancy 9AM
13 INTERVAL Shannon 2:30PM	14 STRENGTH Alpie 11AM Jeff 5:30PM	15 ENDURANCE Alpie 7AM <i>Intro w/Carol 11:30AM</i> Carol 12PM Nancy 5PM	16 INTERVAL Becky 8AM Nancy 5:30PM	17 STRENGTH Susan 11AM Becky 5:30PM	18 ENDURANCE April 10AM	19 INTERVAL Nancy 9AM
20 STRENGTH Shannon 2:30PM	21 ENDURANCE Alpie 11AM Jeff 5:30PM	22 INTERVAL Alpie 7AM Carol 12PM Nancy 5PM	23 STRENGTH Becky 8AM Nancy 5:30PM	24 ENDURANCE <i>Intro w/Susan 10:30AM</i> Susan 11AM no 5:30PM class	25 CLOSED HAPPY HOLIDAYS!	26 INTERVAL Nancy 9AM
27 RACE DAY Shannon 2:30PM	28 STRENGTH Alpie 11AM Jeff 5:30PM	29 ENDURANCE Alpie 7AM Carol 12PM Nancy 5PM	30 INTERVAL Becky 8AM Nancy 5:30PM	31 RACE DAY Susan 11AM no 5:30PM class		